



FATIGUE SAFETY TALKS



This series of **10 Fatigue Safety Talks** are designed to be used in safety meetings to begin to raise awareness of fatigue factors in your workplace. They can be used as a foundation for discussions regarding how fatigue is currently impacting your employees.

If you recognize fatigue as a hazard in your workplace, these talks should be supplemented with a more thorough training session to ensure high risk environments are identified and dealt with effectively. When individuals understand fatigue, they are better able to manage it both personally and within a work environment.

Increasing Fatigue Awareness and Competency in Today's Workforce

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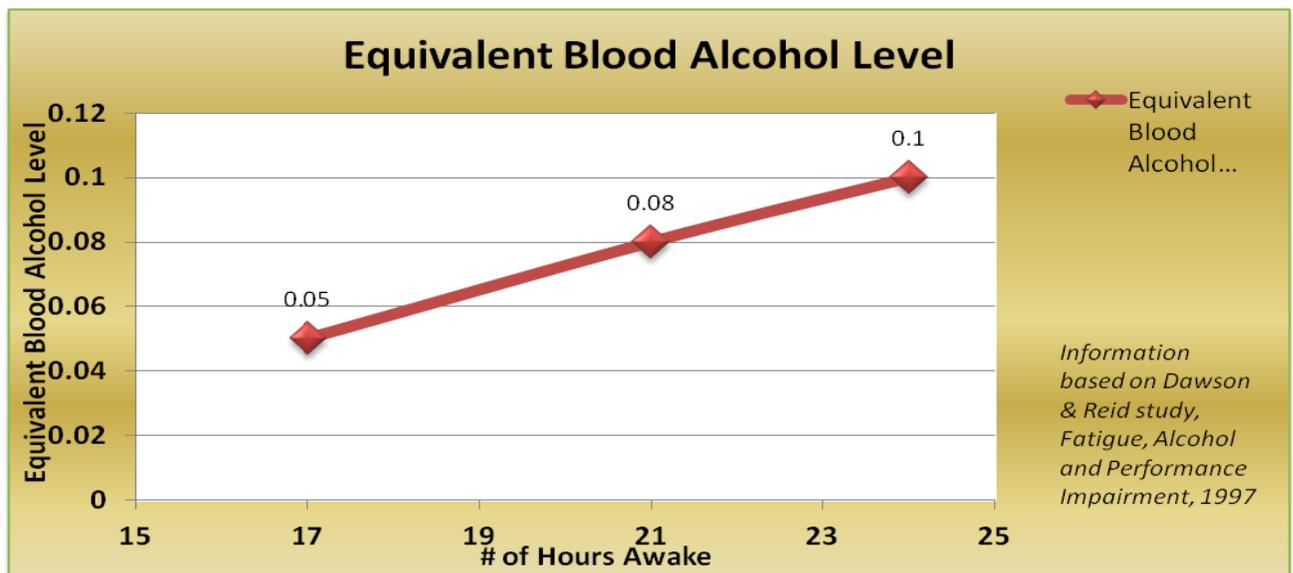
Fatigue Toolbox Talk #1

Fatigue Impairment



When it Comes to Safety Fatigue Impairment = Alcohol Impairment

It is well-documented, through several research studies, that fatigued workers are impaired in ways very similar to those intoxicated by alcohol. When tested, people perform just as poorly when tired as they do when they are drunk.



17 hours awake = a blood alcohol level of 0.05%.

21 hours awake = a blood alcohol level of 0.08%.

24 hours awake = a blood alcohol level of 0.10%.

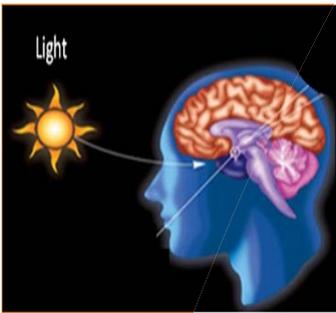
This puts a worker well over the legal limit.

If you are up all night or getting very little sleep, you could be seriously impaired in your ability to work. Sleep debt, reduced sleep by a few hours several nights in a row, can have the same effect as missing a whole night's sleep.

Companies work very hard to ensure workers are not impaired by drugs and alcohol. Fatigue management plans help to ensure workers are not impaired by fatigue.

Why is Fatigue Often Overlooked as a Safety Issue?

- ◆ It is familiar to all of us.
- ◆ There is a culture of acceptance and an attitude of "toughing it out".
- ◆ Our work culture rewards fighting fatigue - incentives for longer hours and overtime.
- ◆ Fatigue is not recognized as impairing our abilities or creating safety hazards.
- ◆ Lack of education, knowledge and awareness about fatigue and its effects.



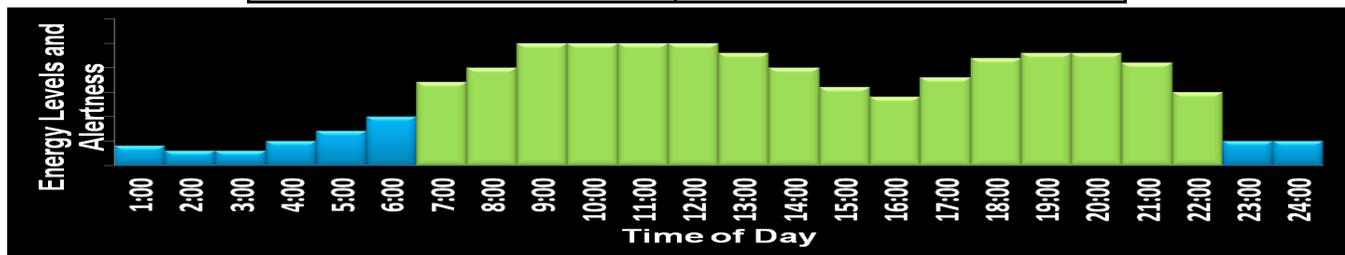
Fatigue Toolbox Talk #2



Circadian Rhythms

Circadian Rhythms are the daily rhythms of our bodies that are based on light. These daily rhythms affect many of our body's basic systems and have a large influence on our alertness, our energy levels and our physical well being. Circadian rhythms cycle throughout a 24 hour period, with sleep need being the highest from 2—5 AM, with a second sleepy period occurring from 1PM to 4PM.

Circadian Rhythms Affect:	This Changes Our:
Body Temperature	Alertness
Blood Pressure	Behavior
Heart Rate	Reaction Times
Blood Sugars	Physical Coordination
Hormone Production	Mental Abilities



What Does This Mean?

- ◇ Our bodies are less able to process food if we eat during the night.
- ◇ We are less alert during the night and during late afternoons. Some cultures around the world have adapted to this and have a siesta (afternoon rest).
- ◇ Workers who work late at night often have trouble sleeping enough during the day.
- ◇ Shifting our internal body clocks can lead to higher chances of heart disease, stroke and ulcers.
- ◇ There are more traffic accidents in the night (2 - 5AM) and in the late afternoon (1 - 4PM).
- ◇ There are more safety incidents for people who work late at night versus those working during the day (almost twice as many).
- ◇ Many of the worst industrial accidents in history can be related to times when circadian rhythms were low.

What Should You Do?

- ◇ Eat differently when working nights; eat non sugary, healthy foods and low fat proteins.
- ◇ Be aware of your naturally tired times and have safety systems in place. Work with your natural body systems when possible.
- ◇ Late night workers should practice good sleep habits and plan for late afternoon or pre-shift naps.
- ◇ Keep in good health to help offset some of the effects working late can have on your body.
- ◇ Plan driving for alert times and be cautious if driving at night or if driving fatigued.
- ◇ Manage your fatigue properly - take breaks, rest, drink caffeine if you need to, work with others, change tasks as needed.
- ◇ Studies show people make more errors during their low times in the cycle. Plan safety sensitive work for a more alert times of the day or night.